



# APPLE PRESS

FEBRUARY 17-19, 2010

Endless Harvest Market: 7012- 1st Ave., Ymir Mail: Box 96 Ymir, BC V0G 2K0 tollfree: 1-866-825-4646

## Ymir Soapworks

This week we introduce Ymir Soapworks, made right here in Ymir by Endless Harvest customer Michelle Lemoine. She says:



Ymir Soapworks was established in 2009 shortly after I tried olive oil soap for the first time. I received some olive oil soap as a gift

from the Middle East. My skin had never felt better.

I have always been drawn to natural products however I became frustrated when reading the ingredients. My soaps have very minimal ingredients and are scented only with essential oils. Essential oils have many natural properties that are beneficial to our skin. Each soap is formulated for various needs:

-unscented olive oil soap gently cleanses without stripping natural oils from the skin. It naturally attracts moisture from the air to keep skin moisturized all day and is safe and gentle for baby's skin.

-lavender is calming to the mind, body and soul. It aids in healing headaches, anxiety and emotional stress. It also induces sleep and improves blood circulation.

-lemongrass can be used as an effective skin toner as it naturally dilates the blood vessels, tightening pores and wrinkles. The fresh scent creates a sense of emotional well-being reducing stress, anxiety and even depression. It can be used to treat acne, stress, and muscle pain.

-tea tree oil naturally helps to cure acne and blemishes. Mint is a cooling herb, which stimulates the senses, improves mood, hydrates and rejuvenates the skin.

-oatmeal gently exfoliates removing dead skin cells leaving the skin silky and smooth. Honey provides moisture, nourishing and rejuvenating the skin.

-our Anti Aging Facial Bar is supplemented with avocado oil, green tea and vitamin E. Avocado oil contains vitamins A, B, D & E, protein, and lecithin which contain anti-wrinkle, anti-bacterial, and anti-oxidant properties. Green Tea also contains anti-oxidants which help slow the aging process. Vitamin E aids in reducing

wrinkles and fine lines keeping skin looking younger.

-the shampoo bar makes a nice natural lather leaving hair clean and conditioned without the heaviness of a typical conditioner. Some of my customers use the olive oil soaps as a shampoo. I prefer a bit more lather so I created the shampoo bar. In addition to olive oil I have added some extra oils (such as coconut oil, avocado oil and castor oil) to make a better lather. Olive oil and castor oil restores the health of hair, coconut oil stimulates hair growth and avocado oil moisturizes. Lavender is calming to the mind, body and soul.

Aside from olive oil and water the only other ingredient is lye. Lye is a common ingredient found in all soaps. The lye reacts with the oils to make soap. The result is a chemical free bar of castile soap.

Try this free herbal hair rinse recipe after shampooing with any of my soaps. I have now replaced conditioner with this hair rinse: Combine 1 cup boiling water with 1 tbsp apple cider vinegar. Add your favorite herb mixture and steep for 15 minutes. Strain out herbs and let cool. Multiply the recipe as needed and store in the fridge.

For herb mixes, I like rosemary (which stimulated hair growth and conditions) and mint. Try chamomile for blond hair and lavender for oily hair.

After shampooing with a bar soap your hair may feel different until it gets used to the change from regular shampoo. It is possible that your scalp may feel itchy. This is because there are no sulfates in our products. Sulfates (which are a toxic chemical found in regular shampoos) allow for a better rinse. If you have hard water you may notice a build-up in your hair. Try this herbal rinse after you shampoo as required (I use it two times a week). It will leave your hair feeling conditioned and nourished.

Find Ymir Soapworks soap on our website in the Household Supplies section. Each bar is about 150g for \$6.85 including tax.

## Order Info

### Box Contents

To find out what's coming each week, visit our website or call our office. We update the list every Saturday.

### Substitutions

You can make up to two subs per box by your order deadline. You can do unlimited permanent subs and we'll keep those items out for you automatically.

### Order Deadlines

All changes to your order, including cancellations, must be in by:

- Wed. delivery- Mon. noon
- Thurs. delivery-Mon. noon
- Fri. delivery- Tues. noon

### Box Types & Prices

- Basic- a balanced mix of fruit and veggies
- Garden- mostly veggies
- Orchard- mostly fruit
- Small box- \$33
- Large box- \$43
- Add-on- \$8- extra fruit &/ or veggies (you specify)

### Delivery Info

Please wipe out your box once you unpack it to keep the box clean. Place it outside, with your payment and newsletter bag for pick up on the morning of your delivery day.

This week's newsletter by Velvet, the organic goddess.



## IN THIS WEEK'S BOX

FEBRUARY 17-19, 2010

### This Week's Box

Mid-winter is citrus time! Make sure to check out the full variety of citrus we have available. New this week are blood oranges– tasty red flesh with a candy-sweet raspberry-esque flavour.

**Storage Tips:** Keep the cauliflower wrapped and in the fridge. It's a fragile veggie and bruises easily. Damage shows up as browning on the white florets. This can be cut off and the rest of the cauliflower used.

Watch your potatoes and onions, as they'll want to start sprouting soon. Although they like the same storage conditions– cool, dark, and dry– do not keep them together as they will make each other sprout. Any sprouts can be flicked off and the rest of the potato can be eaten.

Store turnips in a plastic bag in the fridge. I prefer my turnips raw, grated into salad along with carrots and beets. The white colour makes a good contrast, and they add a slightly pungent flavour. They are also good in soups and stews.

### Customer Appreciation Draw

Patricia Rasku wins an Endless Harvest goodie bag!



ITEM	AREA/CERT.	BASIC		GARDEN		ORCHARD	
		S	L	S	L	S	L
Apples– ambrosia	Cawston, BC– SOOPA	☉	☉			☉	☉
Apples– fuji	Cawston, BC– SOOPA	☉	☉			☉	☉
Grapefruit	California– GOCA					☉	☉
Oranges– valencia	California– QAI					☉	☉
Tangelo– minneola	California– QAI	☉	☉			☉	☉
Limes	California– GOCA	☉	☉	☉	☉	☉	☉
Bananas	Mexico– USDA					☉	☉
Kiwi	California– CCOF					☉	☉
Pears– anjou	Cawston, BC– PACS					☉	☉
Mango	Mexico– CCOF					☉	☉
Avocado	Mexico– IFOAM	☉	☉	☉	☉	☉	☉
Potatoes– yukon	Delta, BC– OTCO	☉	☉	☉	☉		
Turnips	California– QAI	☉	☉	☉	☉		
Peppers– red	Mexico– USDA	☉	☉	☉	☉	☉	☉
Carrots	Creston, BC– KOGS				☉		
Broccoli	California– CCOF		☉	☉	☉		
Onions– yellow	Similkameen Valley, BC– PACS	☉	☉	☉	☉		
Cauliflower	California– CCOF	☉	☉	☉	☉		
Lettuce– romaine	California– QAI	☉	☉	☉	☉		
Kale	California– QAI	☉	☉	☉	☉	☉	☉
Cilantro	California– Org. Cert.	☉	☉	☉	☉		
Mushrooms– crimini	Richmond, BC– FVOFA	☉	☉	☉	☉	☉	☉

### Certifiers

KOGS- Kootenay Organic Growers Soc.; KMG– Kootenay Mtn Grown; QAI- Quality Assurance International; CCOF– California Certified Organic Farmers; OTCO– Oregon Tilth Certified Organic; USDA– US Dept. of Agriculture certified organic; BAC– Bio Agra Certified; FVOFA– Fraser Valley Org. Producers Assoc.; SOOPA– Similkameen Okanagan Org. Producers Assoc.

### Curried Cauliflower & Chick Pea Stew

Serve this easy dish over basmati rice. For more colour, add some diced red pepper, chopped, kale, and maybe some potatoes. Often when I use coconut milk I stretch it to make more sauce by adding another can of half water and half unsweetened almond milk. If you don't have canned tomatoes with chiles, add some hot pepper flakes or other hot sauce to taste.

2 tbsp vegetable oil  
 2 1/2 c chopped onions  
 5 tsp curry powder  
 6 c small cauliflower florets  
 2- 15 1/2-ounce cans chickpeas, drained  
 2 10-ounce cans diced tomatoes with green chiles  
 1 14-ounce can unsweetened coconut milk  
 1/2 c chopped fresh cilantro

Heat oil in large skillet over high heat. Add onions and sauté until golden brown, about 8 minutes. Add curry powder and stir 20 seconds. Add cauliflower and garbanzo beans; stir 1 minute. Add diced tomatoes with chiles, then coconut milk; bring to boil. Reduce heat to medium-low, cover, and boil gently until cauliflower is tender and liquid thickens slightly, stirring occasionally, about 16 minutes. Season to taste with salt and pepper. Stir in cilantro; serve.

Serves: 4  
 Source: www.epicurious.com

“The key is not the ‘will to win’ - everybody has that. It is the will to prepare to win that is important.” ~Bobby Knight